

Bite it!



It's not just your body, your teeth need a workout if they want to stay healthy too!

You will need:

- A cloth to cover your eyes
- A little bit of white bread
- A little bit of wholemeal bread with seeds

What to do...

- Ask your parents to cover your eyes
- Now eat a bite from one bread and chew it slowly, try the next one and chew it properly too



Can you tell the difference just by chewing? Can you tell which type of bread you ate first?

The wholemeal bread has lots of healthy seeds. When you chew the seeds, it gives your teeth a nice workout and keeps them strong.

The white bread, on the other hand, has almost no seeds. Your teeth can be lazy and hardly have to do any work!

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